Acidity vs. Alkalinity (pH)

Food	pН	Food	pН	
Vinegar	2.2	Carrots	5.0	
Lemons	2.2	White bread	5.1	
Cola drinks	2.3	Tuna	6.0	
Commercial mayonnaise	3.0	Potatoes	6.1	
Grapefruit	3.1	Green peas	6.0	
Dill pickles	3.2	Chicken	6.2	
Orange juice	3.7	Corn	6.3	
Pears	3.9	Steamed rice	6.4	
Tomatoes	4.2	Fresh meat	6.4	
Buttermilk	4.5	Milk	6.6	

Appendix Z: Temperature Log

Temperature Log										
Month_	Freezer			Refrigerator						
Date	Time	Temp	Initials	Date	Time	Temp	Initials			

Appendix 3: Sample Material Safety Data Sheet

Good Product Bleach, Co. | MSDS No. 123
One Good Product Lane |
Good Town, U.S.A. | Product: Sodium Hypochlorite
(999) 555-1212 | Date of Preparation: 10/95

Section 1 - Chemical Product and Company Identification

Product/chemical name: Sodium hypochlorite

Chemical formula: NaClO Synonyms: Bleach, chlorine

General use: Used as a disinfecting agent and a color remover.

Section 2 - Composition/Information on Ingredients

Product is 5.25% sodium hypochlorite, 94.75% inert ingredients. Contains no phosphates.

Section 3 - Hazards Identification

**** Emergency Overview ******

Chlorine bleach is a pale-yellow, viscous liquid with a distinct, pungent odor. It is mildly irritating to skin and severely irritating to eyes and digestive system.

***** Potential Health Effects *****

Primary entry routes: Skin and eye contact.

Target organs: Eyes, skin.

Acute effects:

- Inhalation: May cause respiratory tract irritation, and coughing.
- Eye: Contact is severely irritating and may cause corrosion.
- Skin: Contact can cause mild irritation.
- **Ingestion:** Can cause irritation of the gastrointestinal tract with resultant nausea, vomiting, and abdominal pain.

Carcinogenicity: None reported.

Long-term exposure: None reported.

Section 4 - First Aid Measures

Inhalation: Remove exposed person to fresh air and support breathing as needed. **Eye contact:** *Do not* allow victim to rub or keep eyes tightly shut. Gently lift eyelids and flush immediately and continuously with flooding amounts of water for at least 15 minutes. Consult a physician.

Skin contact: *Quickly* remove contaminated clothing. Wash skin with soap and water for at least 15 minutes.

Ingestion: Never give anything by mouth to an unconscious or convulsing person. Contact a poison control center. Unless the poison control center advises otherwise, have the *conscious and alert* person drink 1 to 2 glasses of water to dilute. Do not induce vomiting.

Section 5 - Fire-Fighting Measures

Flammability classification: Class IIIB combustible liquid.

Fire-fighting equipment: Self-contained breathing apparatus with a full facepiece.

Section 6 - Accidental Release Measures

Spill/leak procedures: Dilute with water and wash the surface with a damp mop.

Section 7 - Handling and Storage

Handling precautions: Avoid eye and skin contact by wearing safety goggles and gloves when handling product.

Usage precautions: Do not mix with other cleaning agents including products containing ammonia. To do so will release hazardous gas.

Storage requirements: Store in a tightly closed container in a cool, dry place. Do not store near food supplies.

Section 8 - Exposure Controls/Personal Protection

Administrative controls: Chlorine bleach should not be mixed with ammonia or toxic fumes will be created.

Protective clothing/equipment: Wear chemically protective gloves and aprons to prevent prolonged or repeated skin contact. Wear protective eyeglasses or chemical-safety goggles, per OSHA regulations. Contact lenses are not eye protective devices. Appropriate eye protection must be worn instead of, or in conjunction with, contact lenses.

Safety stations: Make emergency eyewash stations available in work area.

Section 9 - Physical and Chemical Properties

Physical state: Viscous liquid

Appearance and odor: Pale-yellow with a pungent odor

Water solubility: Soluble

pH: 10.5

Section 10 - Stability and Reactivity

Stability: Stable at room temperature in closed containers under normal storage and handling conditions.

Chemical incompatibilities: Corrodes stainless steel, aluminum, and copper. Conditions to avoid: Exposure to heat. Do not mix with other cleaning products.

Section 11 - Toxicological Information

Eye effects: Mild irritation Skin effects: Mild irritation

Section 12 - Ecological Information

Environmental degradation: Degrades rapidly following acclimation. In water, biodegradation is fairly rapid.

Section 13 - Disposal Considerations

Contact your supplier for recommendations. Follow applicable federal, state, and local regulations. Do not reuse empty container.

Section 14 - Transport Information

Not listed.

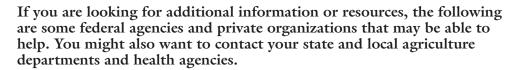
Section 15 - Regulatory Information

None listed.

Section 16 - Other Information

(This sample Material Safety Data Sheet was prepared by USDA for *illustration purposes* in this manual only. For factual information on products similar to this, use the actual MSDS supplied by the manufacturer.)

Appendix 4: Resources and Organizations



- U.S. Department of Agriculture Food and Nutrition Service Child Nutrition Division 3101 Park Center Drive - Room 1004 Alexandria, Virginia 22302
- 2. United States Department of Agriculture Food Safety and Inspection Service 14th Street and Independence Ave., S.W. Washington, D.C. 20250
- 3. U.S. Department of Health and Human Services
 Public Health Service
 Food and Drug Administration
 Division of Human Resource Development
 5600 Fishers Lane
 Rockville, Maryland 20857
- 4. The Educational Foundation of the National Restaurant Association 250 South Wacker Drive Suite 1400 Chicago, Illinois 60606
- Foodborne Illness Education Information Center National Agricultural Library, USDA Room 304, 10301 Baltimore Blvd. Beltsville, Maryland 20705
- 6. National Pest Control Association (NPCA) 8100 Oak Street Dunn Loring, Virginia 22027
- 7. NSF International 3475 Plymouth Road P.O. Box 1468 Ann Arbor, Michigan 48106

The following references may also be helpful.

Applied Foodservice Sanitation, fourth edition, 1992. The Educational Foundation of the National Restaurant Association.

Food Code, 1993 and 1999. U.S. Dept. of Health and Human Services. (Includes recommendations of the United States Public Health Service, Food and Drug Administration.)





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